

PERU - A WEEKLONG ITINERARY

VOYAGE

7 DAY ITINERARY TO
PERU

MAIN ATTRACTIONS

CUSCO
MACHU PICCHU
OLLANTAYTOMBO
LIMA
LAKE TITICACA
THERMAL BATHS
TRAINS
ALPACA

7 DAY ITINERARY- GENERAL INFO

- Leave at least 4 hours between your International Lima flight and Cusco flight.
- Other option is to spend a day in Lima
- You can base yourself either in Cusco or in sacred valley (Ollantaytambo or Urubamba) and this itinerary will work
- All these places visited are within 25-50 miles of each other and can be done as day trips
- You can buy Cusco Tourist Pass, or “Boleto Turistico”. at this webpage <https://cosituc.gob.pe/> that covers 16 all the archeological sites and valid for 10 days
- Machu Picchu can be done either as day trip or 2 day trip
- Buy Peru rail or Inca rail to Machu Picchu tickets as soon as possible (Right after you buy your flight tickets and decide the dates)



220V. NEED AN ADPOTER

ALTITUDE INFO

CUSCO - 3400 METERS (11,154 FT)

OLLANTAYTAMBO- 2792 METERS (9160FT)

MACHU PICCHU- 2400 METERS (7874FT)

DAY 2- OLLANTAYTAMBO/MARAS/MORAY

Ollantaytambo

The Incan capital is a great base for all your Peru travels.

- Inca Trail to Machu Picchu starts from here
- Ollantaytambo ruins are really good to visit
- Can catch train to Machu Picchu for a day trip
- Quite and authentic Peruvian cultural and cuisine experience



Day tour through TaxiDatum

- Maras Salt Mines (10 Sol Or \$3 entrance fee)
- Moray Agricultural Terrace (Boleto Turistico pass)
- Chinchero (Boleto Turistico pass)

You can also do 4X4 Tour of Maras and Moray



Plenty of restaurants in Plaza serving pizza to Peruvian dishes

- Cafe Mayu
- El Albergue Restaurant
- Chuncho
- La Esquina Café Bakery



Plenty of options from hostels and luxury resorts and everything in between on [booking.com](https://www.booking.com)

Ollantaytambo

Tambo de Ollantay (\$) - This is where we stayed

Kamma Guesthouse (\$\$)

Sol Ollantay Exclusive Hotel (\$\$\$)

Urubamba:

Rio Sagrado, A Belmond Hotel (\$\$\$)

Tierra Viva Valle Sagrado Hotel (\$\$)

DAY 3 - OLLANTAYTAMBO RUINS

Morning:

Spend the morning walking around the Ollantaytambo ruins. It will take about 3-4 hours. Take it easy as the stairs are steep and altitude is high.

You can use your Boleto Turistico pass at this location or buy tickets at the entrance.

We hired a guide at the front gate but you can totally do this as a self-guided tour



Plenty of restaurants in Plaza serving pizza to Peruvian dishes

- Cafe Mayu
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Afternoon:

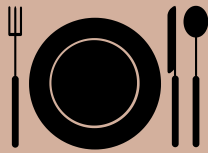
You have couple of options for the afternoon- You can either climb the granary or walk around the town of olly.

Other option is to take the train to Machu Picchu in the afternoon so that you can go hike and visit and make it into a 2 day Machu Picchu trip instead of 1 long day trip.

DAY 4 - MACHU PICCHU

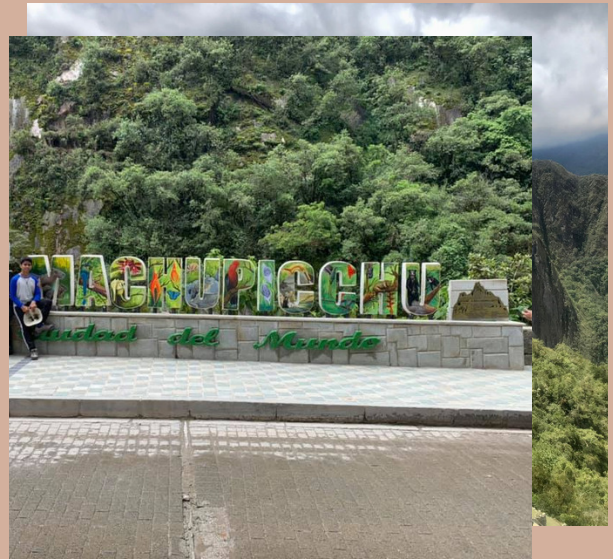
Morning:

Today is the day to visit crown jewel of Peru-Machu Picchu. If you decided to make this a day trip, then morning will be spent on the train from Olly or Cusco Machu Picchu. It is about 2-4 hours depending on your starting point. We took Vistadome through Peru Rail which is the nice middle of the ground train in terms of cost and luxury



Plenty of restaurants close to bus stop and train station serving everything from pasta to Peruvian food.

- Chullos Craft Beer & Home Made Food
- Sami restaurant
- Munaycha Restaurante



Morning Option 2:

If you had decided to stay in Machu Picchu, this morning you can head over to a hike. There are some of the popular day hikes:

- Huayna Picchu: The peak that stands immediately behind Machu Picchu.
- Machu Picchu Mountain: This is on the south side of the ancient citadel.
- Inca Trail Express Route

Huayna Picchu hike: This is the most popular hike and restricted to 400 people per day. You need to book the tickets ahead of time (months in advance) and you can book it along with Machu Picchu tickets from the official site (<https://www.machupicchu.gob.pe/>). If you decide to buy from any other sites such as Viator and getyourguide, please check for authenticity. The trail head is near the warden's hut. It should take about 2-4 hours depending on if you are doing the short trail- just to the top of the peak or long trail that includes Moon temple.

Machu Picchu Mountain hike: The summit to this mountain is at 3,082 meters above sea level. This hiking route is less steep but longer than the route through the Huayna Picchu. You can book the ticket for this along with Machu Picchu tickets from the official site (<https://www.machupicchu.gob.pe/>). If you decide to buy from any other sites such as Viator and getyourguide, please check for authenticity. This hike also has a limit of 400 people per day and you will have to book this in advance. More info on tickets and routes can be found [here](#)

Inca Trail express route: This is the short version of the more famous 4 day Inca trail to Machu Picchu. Several tour organizers offer this day trip if you want to experience hiking in Andes. Check a reliable tour group for this hike and it should take about 8-9 hours.



Plenty of options from hostels and luxury resorts and everything in between on [booking.com](https://www.booking.com)

- Jaya Suite Machupicchu (\$)
- _Inti Punku MachuPicchu Hotel & Suites (\$)
- SUMAQ Machu Picchu Hotel (\$\$)
- Sanctuary lodge -A Belmond hotel (\$\$\$)-Only hotel near the Machu Picchu ruins with exclusive access and you can see sunrise at the Machu Picchu

Afternoon

If you travelled to Machu Picchu on the day from Cusco or Olly, then plan to take afternoon tickets to go to the Machu Picchu ruins. There are several circuits and circuit 4 seems to be the most comprehensive one and this is what we took. It will take about 3-4 hours to do the entire loop and take pictures. We hired a guide at the gate to give us the tour and it was worth it as she explained lot more than what we could have seen on our own.

Bus trip return back will be first come first serve and get some dinner before getting on the train

Pro-tip

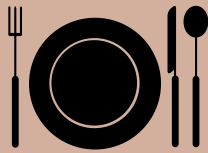
As soon as you decide your Peru itinerary, book train tickets to Machu Picchu as well as tickets to see the ruins especially you plan to travel during peak season.

Official ticket site is <https://www.machupicchu.gob.pe/?lang=en>

DAY 5 - CUSCO AND PISAC

Morning:

After the long day yesterday, today is the day to shift the home base to Cusco. On the way to Cusco from Ollantaytambo, you can stop over at Pisac market and ruins as well as Cochahausi Animal Sanctuary or directly go to your hotel.



Restaurants

- **Green Point**- Best vegan Peruvian food. Should check out this restaurant even if you not vegan
- Sami restaurant. It is close to Plaza
- Any other restaurants in plaza-Tons of options with every kind of food

Afternoon:

Spend the afternoon walking around Plaza De Armas and exploring the old Cusco center. You can also take a walking tour to get more details on history. Spend the evening either drinking coffee or Pisco sours in one of the restaurants with balconies overlooking the plaza or get a massage at the plaza.

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- We stayed at **Rumi Punku** (\$) which is very close to plaza and other attractions
- Belmond Monasterio if you want a luxury option (\$\$\$)
- JW Marriott El Convento Cusco is middle of the range (\$\$)
- Hotel Novotel Cusco another good middle of the range option



DAY 6 AND 7 - THINGS TO DO AROUND CUSCO

- **Plaza de armas:** Main hub for tourists with shopping, restaurants and nightlife. You can take a tour of the iconic Cusco Cathedral where you can see a painting of the Last Supper with a guinea pig- Peruvian twist to the classical painting. Vibrant place with tons to do and experience Cusco
- **San Pedro Market:** Open-air market just 10 minute walk from the main plaza, is a central hub for selling local produce, cuy, cheese, souvenirs and everything you can imagine. Remember to bargain when buying souvenirs. Keep an eye out for local ladies selling choclo con queso or Andean cheese and corn or churros or chicha morada, a sweet purple corn beverage. Must visit place to try some authentic Peruvian stuff.
- **Sacsayhuaman :** stone fortress built to protect the Inca capital and has amazing views of the city and lots of Alpaca roaming around. Best place to get some panoramic views
- **Qorikancha:** Incan Sun Temple located on Cusco's main Avenida el Sol. You can take a tour and appreciate both Inca and Spanish-built architecture and marvel at the beauty of this temple built of Sun.
- **Zip lining :** If you are looking for high octane adventure in scared valley, there are several companies offering Zip lining in the Andes including Cusco Zipline tour. Lots of fun for adventure seekers.
- **Tipon :** Away from the sacred valley with Incan irrigation system and ingenuity to harvest snow melt from mountains. Best place to try Peruvian delicacy- Cuy.
- **Hot Springs :** There are several options both near Cusco and Machu Picchu. Lares Hot Springs is the most popular one near Cusco. There are few other options including Chimur hot springs which is bit more remote
- **Humantay Lake :** Full day trip with an early start to this hidden gem where you can see an emerald lake and a glacier. It is a full trip with 4 hour bus ride and about 2 hour hike to the lake.
- **Rainbow mountain :** Similar to Humantay lake, this could be done as a long day trip with an early start (2-4 AM start). Only go here if the forecast is good and best time to visit Rainbow Mountain is between March and November, the dry season. If you go during rainy time, it is a total waste of time as the mountain will not have the vibrant color you expect to see.

OUR ITINERARY

Day	Destination	Hotel
Day 1	Arrive in Peru, Fly to Cusco, Drive to Ollantaytambo. Acclimatize to altitude	At Tambo De Ollantay
Day 2	Maras, Moray, and Chinchero	Tambo De Ollantay
Day 3	Ollantaytambo ruins	Tambo De Ollantay
Day 4	Machu Picchu day trip with Vistadome Peruvian rail- Leave at 7.15	Tambo De Ollantay
Day 5	Drive to Cusco and stop at Pisac and Cochahausi Animal Sanctuary. Afternoon in Cusco	Rumi Punku
Day 6	Ziplining and Cusco Plaza De Armas	Rumi Punku
Day 7	Sacsayhuaman and Tapon. Fly to Lima in the evening with internaitonal flight back to US at 11 PM	Airport

ALTERNATE ITINERARY 1:

This alternate itinerary is based on Cusco as the home base and picking 3-4 ruins that are unique and then adding Lake Titicaca. This can be done in 7-9 days. Add a rest day after rainbow mountain and go to Lake Titicaca on day 7 or skip rainbow mountain and this could be done in 6-7days.

Day	Destination	Stay
Day 1	Arrive in Peru, Fly to Cusco.	Cusco
Day 2	Maras, Moray, and Chinchero	Cusco
Day 3	Machu Picchu (Either make it long day or 2 day with overnight stay in Machu Picchu)	Cusco/Machu Picchu
Day 4	Cusco Plaza and Sacsayhuaman. May be Tipon	Cusco
Day 5	Rainbow mountain	Cusco
Day 6	Cusco and Fly to Lake Titicaca	Lake Titicaca
Day 7	Lake Titicaca and Urons	Fly to Lima

ALTERNATE ITINERARY 2:

This alternate itinerary starts in Lima. You can stay either 1 or 2 nights Lima before moving to Cusco or Olly for rest of the itinerary. You can extend the stay in Lima if you want to add Nazca lines and add rest days between Machu Picchu and rainbow Mountain.

Day	Destination	Stay
Day 1	Arrive in Peru, Lima	Lima
Day 2	Spend a day in Lima or fly to Nazca lines Can be done as a day trip	Lima
Day 3	Fly to cusco	Cusco
Day 4	Cusco Plaza and Sacsayhuaman. May be Tipon	Cusco
Day 5/6	Machu Picchu (Either make it long day or 2 day with overnight stay in Machu Picchu)	Cusco/Machu Picchu
Day 7/8	Rainbow mountain	Cusco
Day 8/9	Cusco and Fly to Lake Titicaca	Lake Titicaca
Day 9/10	Lake Titicaca and Urons	Fly to Lima

ALTERNATE ITINERARY 3: THE BOUGIE WAY

If you want to travel in style, check out Belmond [Peru tours](#). They have 10day and 6-7 day tours and they have their own train Hiram Bingham that the most luxurious way to get to Machu Picchu. If you don't want to splurge for entire tour package, you can still take the train and stay at the only hotel near the Machu Picchu ruins. Belmond tour includes staying at the best of the hotels in Lima, Cusco, Urubamba and Machu Picchu. Belmond also offers a train that takes you from Cusco to Lake Titicaca with a overnight stay on-board as part of 10 day Best of Peru trip.

Other sites to add to your itinerary

Nazca Lines :The Nazca Lines are a collection of giant geoglyphs—designs or motifs etched into the ground—located in the Peruvian coastal plain about 250 miles (400 kilometers) south of Lima, Peru. Created by the ancient Nazca culture in South America, and depicting various plants, animals, and shapes, the 2,000-year-old Nazca Lines can only be fully appreciated when viewed from the air given their massive size. Despite being studied for over 80 years, the geoglyphs—which were designated a UNESCO World Heritage Site in 1994—are still a mystery to researchers. (From History.com)

Amazon forest /Manu National Park- If you have 2 weeks in Peru, you can add Amazon forest to your itinerary and cover the most iconic places in Peru.